

# The Influence of Smes on the Leisure and Tourism

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**Abstract.** The leisure is a component of standard of living and quality of life, expresses the level of material and spiritual life, without it can't be held the multilateral development of the human, enforcing recovery functions of the organism, formative and instructive – educative, cultural and social. In pre-modern times, the free time was located on religious holidays and in the rest days established on the basis of religion (Sunday at Christians, Saturday at Jews, etc.) The good of the individual towards trends any true democracy has in its structure, along with the material components and social and spiritual. In the economic and social framework, the reproduction of material conditions of existence is doubled by the health care, intelligent, creative force of the society members

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## 1 Introduction

In a free society, we consider that free time is a part of the time situated outside of work, devoted to family life, education, entertainment, sport which allows the human to restore its spent energies in the complex process of the labor and, also for harmonized development of human personality. The free time appears thus like a quality indicator of life and its dimensions is differentiating depending on profession, practice degree, age, sex, tradition and culture. Thus with how it increases the possibility that a part of the time of some activities to be reduced with the help of some service providers (SMEs specialized in the provision of services), the duration of the free time will have another dimension that will allow to the individual to orient towards appropriate forms of tourism.

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## 2 The signification and the functions of leisure

In the economic and social framework, the reproduction of material conditions of existence is doubled by the health care, intelligent, creative force of the society members. These characteristics can be maintained, developed or languished in the free time affected their maintenance. Down trough the

mankind history there have been several attempts to define the notion of free time, each leaving place to perfection, according to the conception of life and the politics of its author.

Thus, in the undemocratic societies, “the work time” belongs to all “common people” – direct producers of material values – and “the free time” is the attribute of the “leading class”.

The beginnings of industrialization – car era – has brought an emphasis of the opposition time worked/ time uncultivated by the latter being understood free time.

Under the pretext of training “new multilateral- developed human”, the communist ideology into the concept of “leisure” and the affected time of public works (“patriotic”) or political preparation.

In a free society, we consider that the leisure is a part of the time situated outside of work, devoted to family life, education, entertainment, to sport and that allows to the human to restore its energies spent in the complex process of labor and also for harmonious development of human personality.

The leisure appears thus as an indicator of the quality of life, and its dimensions is differentiated depending on the profession, education level, age, gender, tradition and culture.

The time functions are:

- *the recovery function of the body*

The modern man, caught in the vortex of the daily obligations (the work, social obligations, politics, fashionable) addicted of television and computer leaves a small part of its free time for resting. The leisure contributes at restoring the work capacities, at maintaining and improving the state of health. These are being realized through resting itself (sleep) and through active recreation (fishing, hunting and other hobbies).

- *training function*

This comprises several aspects: the instructive-educational, aesthetic, intake. With this function is followed auto-instruction, completing of studies for efficiency of the work. The training position is done in multiple activities: visits to museums, reading, scientific contacts viewing of performances and concerts, participation in sport activities.

- *social function*

In the democracy conditions, this function is getting a growing share in the budget of free time. The man isn't thinking only for themselves, but also to his fellows. Thus as an employer or a simple seller, the man engaged in charity activities in the context of foundations or near the halidom. Sometimes, the social function gains a politic tempt, some members of the society engaging, in the free time, activities at the parties residences to who they belong.

Accomplishing the free time functions contributes at qualitative reproduction of the labor, at intelligence stimulating, of creative capacities, at achieving of an elevated lifestyle.

### **3 Leisure – the consequence of increasing the SMES services specialized on the budget structure of time and the relations between its components**

Throughout history, our perception concerning the time has known significant modifications. And this because, among others, it has modified the period of life, has extended the work period, were accelerated the rhythms and has appeared the concurrence between the employees. It is more obvious that, in an organization, the time has become a resource that must be optimized, streamlined and controlled. Newer, in present, the employee is looking a magic formula in dividing the time between work, family and his own aspirations. How can be balanced the allocated time for satisfying these three options? There isn't a general answer to this question; all depends on the cultural, social, economic and legal norms from the country.

The time budget of the members of a society has the following structure:

### 3.1 Work time

The work period is a concrete period during which a person is disposed to exercise professional activities. She affects the periods allocated for satisfying of other need that give to the individual the feeling of accomplishment, balance. The work duration knows, in present, in many industrialized countries a significant reduction. By this change was desirable:

- to create new jobs for those who don't work. This goal was only partially achieved because, in practice, creating of new jobs is directly linked to the appeared changes in the technical field;
- to avoid the dismissal of workers;
- to increase the available time for relaxation, for holidays or cultural activities

Comparing the changes that it has experienced during the work in different countries isn't easy. The main difficulties are caused by the collecting methods at the international organisms levels and by the variety of the forms that is taking the work duration (eg. we talk about the legal week of work, overtime, reduced program, etc.)

### 3.2 Time excepting the production process

- a) time related to work (the transport at and form the work place);
- b) time for satisfying personal needs of life ( personal care, food, sleep, etc);
- c) time for household activities (cleaning, magazines visiting, purchasing, food preparation, etc.)
- d) time dedicate to family (supervision, taking care and education of the children, visit to parents, etc.)
- e) free time (necessary for cultural formation, spiritual, for physical exercise, relaxation, recreation, entertainment, social activities)

The relation between the work time and free time it isn't a simple quantitative relation of complementarity. There is thus a series of economic, social, psychological, factors that influences this relation. If the work time is extended over the physiological and social normal limits then the free time can't any longer fulfill the regeneration function of the psychic and spiritual forces. If the work time falls, and the additional free time obtained is spent in household activities, domestic or defective transport then will not create conditions for specific leisure activities.

The report time of work/free time has and a historical character. Thus, at a reduced level of development of the employment, the free time isn't clearly delimiting by the work time. As the human society evolves and raises the level of science development, technology as the organization methods and management, the free time volume increases.

Always, the human has endeavored to fin ways of measuring time. The time management imposes the same thing.

Time measuring isn't making however only on the outcome of each realized activity base in a time interval fixed in advance. In other words, we don't manage the time itself, but its activities developed in a certain period. The time management is based on three pillars: planning, organization and time control. The notion of efficiency requires that for each individual, the time to be used rationally and productively in line with the personal rhythm and with the resources of what each individual disposes, with the purpose to ensure the achievement of some specific activities in a given time.

The time management assumes that, for each individual, to be allocated time sequences, precisely calculated for each activity that must be unfolded (planning), to make all the possible efforts to respect them (organizing) and to evaluate regularly , the obtained results (the control).

Time management is based on a paradoxical aspect: although, in real way, we dispose today of much more time than formerly, we have the feeling that it isn't enough. In reality, any individual has 168 hours on week which they distribute them, approximately, in the following way:

- 40 hours for professional activities;
- 56 hours for sleep;
- 72 hours for various personal activities

Those 40 hours destined for professional activities are directly influenced by the other two destinations:

- if the individual doesn't cover the needs of sleep, he can't obtain maximum performance in his work. We are talking here, no incidentally, about the efficacy of using personal time and about the maximum productivity: is obvious that, without productivity, the organization can't be competitive and, finally, can't survive.
- if the employee work too much, without managing itself "scientific" the activities, there is a risk of fatigue, reduce of productivity, of de motivation, of stress, of physical and mental effeteness. There are an increasing number of employees that suffer of depression or of professional exhaustion and training and for which is acutely putted the problem of avoiding the difficult situations. Or a better management of time is perhaps a beginning of solving problems of the employees, which wouldn't have to benefit if it would use better the time. When we manage our own time or when we deal with the others time we must take into account some general laws: a. with how much a activity is split, with that it seems that it takes longer. Everything depends on the degree of activity repeat and of motivating of the one that performs it.
- with how a activity is more interesting with so much it seems shorter and vice versa. The interest or motivation for executing an activity makes us to ignore the restrictions of time;
- the time seems, longer when we wait. Before an exam or of a event, then when we expect an answer or we sit at the dentistry door, the waiting time is impossible and we have the feeling of an unjustified loss.

A particular role in increasing the quality and quantity of free time are having the services.

## **4 Conclusions**

In the life conditions of modern human, when the domestic device, automation and mechanization led to sedentariness, the sport, and touristic activities in free air offers the necessary balance of a harmonized development and a way of health recovering.

The time devoted to physical movement, favorite sport, hiking up depends of profession, age, sex, health status, access to sporting base, etc.

A part of physical activities and tourism of SPA can be executed without special equipment (running, physical moves in open air), an other parts needs special services (gyms, stadiums, ;ands, swimming pool, aerobic gymnastics clubs, renting agencies of boats, bases of water-skiing or of alpine skiing.

Given that the practicing activities of physical movement, preferred sport, hiking and tourism characterize any age and contributes at health maintaining and implicitly at increasing the work efficaciousness, within the budget of a country must be allocated important sums fro their development.

Increasing the size of free time and of the function complexities of it offers the possibility of increasing work efficiency, thus contributing at the social progress.

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